

ALL SAINTS EPISCOPAL CHURCH

THE MUSTARD SEED

May 2009

Volume 33, Issue 5



WHY GO TO CHURCH???

SPECIAL POINTS OF INTEREST :

- > Why go to Church?
- > About Mother's Day
- > Heart & Brain
- > Dutch Recipe
- > Away Days
- > E.C.W.
- > Cookbook
- > Special Worship Service
- > On a Mission

A Church goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the pastors are wasting theirs by giving sermons and all...."

This started a real controversy in the

"Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher:

"I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. I do know this, they all nourished me and gave me the strength I needed to do my work. If my wife had not given me these

meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!"

When you are DOWN to nothing...God is UP to something! Faith sees the invisible, believes the incredible and receives the impossible! Thank God for our physical AND our spiritual nourishment!

When Satan is knocking at your door, simply say, "Jesus, could you get that for me?"

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MOTHER'S DAY - SECOND SUNDAY OF MAY

Julia Ward Howe wrote the original Mother's Day Proclamation in 1870, as a call for peace and disarmament. Howe failed in her attempt to get formal recognition of a Mother's Day for Peace. Her idea was influenced by Anna Jarvis, a young Appalachian homemaker who, starting in 1858, had organized women throughout the Civil War to work for better sanitary con-

ditions for both sides, and in 1868 she began work to reconcile Union & Confederate neighbors.

Jarvis' daughter, also named Anna Jarvis, knowing of her mother's & Howe's work started her own crusade, after her mother died, to found a memorial day for women. The first such Mother's Day was celebrated in Grafton, West Virginia, on May 10, 1908, in the

church where the elder Jarvis had taught Sunday School. Grafton is the home to the International Mother's Day Shrine. From there, the custom caught on-spreading eventually to 45 states. Finally the holiday was declared officially by states beginning in 1912, and in 1914 the President, Woodrow Wilson, declared the first national Mother's Day.

WHAT'S GOOD FOR YOUR HEART IS GOOD FOR YOUR BRAIN

Every heartbeat pumps one-fifth of your blood to your brain. Billions of brain cells need the food and oxygen carried by your blood to think, solve problems and remember.

Given the connection between the heart and the brain, conditions that damage the heart and blood vessels-such as heart disease, diabetes and stroke-can threaten brain health. When you take steps to reduce the risks of these conditions, you may also

reduce your risk for Alzheimer's disease.

Reducing those risks are even more important for African-Americans. Studies show African-Americans, are at greater risk of developing diabetes in addition to high blood pressure and high cholesterol-all factors for stroke and Alzheimer's disease.

Here are a few steps you can take to control your

risk of heart disease, diabetes and stroke:

Watch you numbers

- Blood pressure-desirable blood pressure is less than 120/80 mmHg
- Blood sugar-desirable fasting blood sugar is less than 100 mg/dL
- Body weight-keep your body weight in the recommended range

- Cholesterol-desirable total cholesterol is less than 200mg/dL

Make healthy lifestyle choices

- Stay mentally active
- Remain socially involved
- Stay physically active
- Reduce your intake of fat and cholesterol
- Don't smoke

More info visit www.alz.org or call 1-800-272-3900

DID YOU KNOW?

The Bible has many books and verses with references to the ingredients of baking a cake! Here is a recipe:

Scripture Cake

Behold there was a cake baken, 1-Kings, 19:6
 1/2 cup butter, Judges 5:25
 2 cups flour, 1-Kings 4:22
 1/2 tsp. salt, Leviticus 2:13
 1 cup figs, 1-Samuel 30:12
 1 1/2 cups sugar, Jeremiah 6:20
 2 tsp. baking powder, Luke 13:21
 1/2 cup water, Genesis 24:11

1 cup raisins, 1-Samuel 30:12

3 eggs, Isaiah 10:14

Pinch of cinnamon, mace, cloves, 1-Kings 10:10

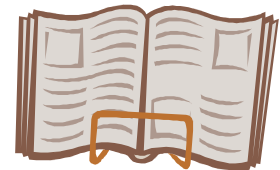
1 Tbs. Honey, Proverbs 24:13

1/2 cup almonds, Genesis 43:11

Blend butter, sugar, spices and salt. Beat egg yolks and add. Sift in baking powder and flour, then add the water & honey. Put fruit & nuts thru food chopper and flour well. Follow Solomon's advice for making good boys-Proverbs 23:14. Fold in stiffly beaten egg whites. Bake for 1 hour in oven at 375

Found in a Pennsylvania Dutch Cooking Cookbook

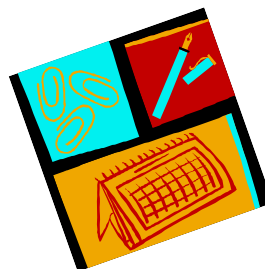
Don't forget to look up the scriptures



SCHEDULES

May

- 3 **Easter 4**— Mike
 10 **Easter 5**— Mike
 19 **Easter 6**— Mike
 24 **Easter 7**—Deacon Craig
 31 **Pentecost**— Mike



Mike's away days

- May 6—Southern Deanery Clerics-Springfield
 May 16—Southern Deanery Meeting-Carthage
 May 20- Campus Ministry -St. John's Church-Neosho

TID BITS

Are you Green? We are!

-All members are welcome and encouraged to bring in your recyclables. Let us all help our environment.

Wednesday Gathering-

Come and worship at 5:30 and bring a dish to share for a potluck at 6:00. Friends and Students are welcome as our guests.

Traveling/Moving—

Wayne & Bonnie Plocher are moving to Minnesota soon. Wish them well in their new life's journey.

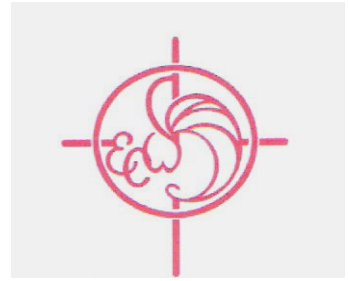
Special Worship Service

-Join us on May 10 at 4:30 pm to a worship service with our friends at the South Tower Senior Citizen apartments. Music will be provided by Sherry

Episcopal Church

Women (E.C.W.)-Come on the 3rd Saturday of each month at 10:30 am for fellowship.

Calling all Cooks- Bring your favorite recipes to All Saints for a cookbook! You may drop them off in the ECW folder in the mail boxes by Mike's door or e-mail them to: anne@allsaintswestplain.s.com



ECW Logo

The **Cross** represents Christ & our service to Him in the world. The **Circle** stands for our hope for wholeness in our lives. The **out flowing lines from the center** depict the many works of Episcopal Church Women going out into the world. The **intertwined lines** represent our lives centered in Christ.

WE ALL CELEBRATE

Birthdays

Cherry Morrison-4

Judy Mills-23



A belated **Happy Birthday** to Wayne Plocher on April 8 and to Jacob Plocher on April 23

Anniversaries

Bill & Barb Prewitt-4

Tom & Shawn Marhefka-23



Graduates

Stephen Fetrow

Mollie Plocher

Join us in the Parish Hall for a Graduation Celebration

after the 10:30 service.



Missionary

Mollie Plocher will be doing Missionary work with the youth in Ulicinj, Montenegro this summer. Please help her with your support and prayers.

Easter

Season

White

VESTRY NEWS

Our Maundy Thursday Eucharistic Meal was very successful and inspirational; Thank you all who participated and who welcomed our friends from St. Paul's Lutheran Church so warmly.

The **May Vestry Meeting** will meet on Wednesday May 13 at 6:45 pm and **no meeting** in June.

Altar Guild Meeting/ Training will be on May 16 at 12:00 pm in the Parish Hall.

A reminder to check/sign up on the schedule board for "readers" and "greeters". The schedule is located just inside the Parish Hall entrance across from the Sacristy.



ALL SAINTS EPISCOPAL CHURCH

THE REVEREND MICHAEL KYLE, RECTOR

107 South Curry
Mailing: P. O. Box 1012
West Plains, Missouri 65775

Welcome to the
Little White
Church with the
Red Doors

THE MUSTARD SEED

A Newsletter for All Saints' Episcopal Church

